SEMESTER- I

MDC-1: Psychology of Mental Health and Well-being

Course Outcomes

After the completion of the course, the student will be able to:

CO1: Understand the status of mental health problem in India and the world.
CO2: Identify people suffering from most common mental health problems.
CO3: Understand and enhance positive mental health and well-being.
CO4: Reach out to people during the time of distress and help.

MJC-3 : Psychology of Mental Health and Well-being (T) (3 credits) Full Marks: 100		ESE-70 CIA-30
Unit	**Topics to be covered**	**No. of Lectures**
1	**Introduction** 1.1 Concept, importance and issues of mental health in India and the globe. 1.2 Mental health issues in adolescence and young adults. 1.3 Prevalence of mental health disorders across the globe.	06
2	**General Psychological Problems** 2.1 Types of Psychological Disorders- psychoneurosis and psychosis 2.2 Anxiety: Causes, Signs and Symptoms. 2.3 Depression: Causes, Signs and Symptoms, Suicide.	12
3	**Mental Health Practice and Care** 3.1 Introduction to Counselling, guidance, therapy. 3.2 Peer mentoring: concept and skills.	06
4	**Reaching out and providing initial help** 4.1 Recognizing the signs that someone may need support 4.2 Knowing what to do and what not to do when a person reaches out for help	06
	Total	30

Suggested Readings:

- Arun Kumar Singh. *Asamanya Manovigyaan*. (2006). Motilal Banarasidas Publications.
- Butcher, Hooly, Mineka,S. & Dwivedi (2017). *Abnormal Psychology*. New Delhi: Pearson.
- Ciccarelli, White & Misra (2023). *Psychology*. 6th edition. New Delhi: Pearson.
- Muir-Cochrane, E.,Barkway,P. & Nizette, D (2018). *Pocketbook of Mental Health* (3rd Edition) Elseveir.
- *World Mental Health Report*, WHO. (2022)

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SEMESTER- II

MDC-2: Sports Psychology

Course Outcomes

After the completion of the course, the student will be able to:

CO1: Apply the basic concepts of psychology in the field of sports.
CO2: Understand the basics of sport psychology.
CO3: Understand the application of various psychological underpinnings in sports.
CO4: Reflect and realize upon the quintessentially of lifestyle in wellness.

MDC-2 : Sports Psychology (3 credits) Full Marks -100		ESE-70 CIA-30
Unit	**Topics to be covered**	**No. of Lectures**
1	**Introduction** 1.1 Meaning, Importance and Scope of Sports Psychology. 1.2 Sports and Youths. 1.3 Sports and 21st Century Skills.	05
2	**Psychological Underpinnings in Sports-I: Fundamentals of:** 2.1 Personality 2.2 Motivation 2.3 Learning	10
3	**Psychological Underpinnings in Sports-II: Fundamentals of:** 3.1 Attitude 3.2 Emotional Intelligence 3.3 Mental Toughness	10
4	**Wellness and Lifestyle** 4.1 Modern Lifestyle in Changing Scenario. 4.2 Wellness and Lifestyle: Programmes.	05
	Total	30

Suggested Readings:

1. Cox, R. (2006). *Sport Psychology*. McGraw-Hill Education.
2. Edlin, Golanty and Brown. (2002). *Health and wellness* (5th& 7th Edition). London: Joines and Bartlett Publishers.
3. Mangal, S. K. & Mangal, S. (2021). *Sports Psychology*. Sage Publications Pvt. Ltd.
4. Robbins, J E & Madrigal, L. (2016). *Sport, Exercise and Performance Psychology*. Springer Publisher Company.
5. Singh, H.(2017). *Khel Manovigyan*. Khel Sahitya Kendra.

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SEMESTER- III

MDC-3: Psychology of Education in Indian context

Course Outcomes

After the completion of the course, the student will be able to:

CO1: Know educational psychology and develop a vision about education and psychology.
CO2: Understand the key approaches of cognition and learning in education.
CO3: Understand the various Indian perspective on education.
CO4: Gain familiarity with the sources and management of educational stress.

MDC-3: Psychology of Education in Indian context (T) ESE-70 CIA-30 (3 credit) Full Marks-100		
Unit	**Topics to be covered**	**No. of Lectures**
1	**Introduction** 1.1 Meaning, Nature, Aims, and Scope of educational psychology in India. 1.2 Relation between Education and Psychology.	06
2	**Cognition and Learning** 2.1 Key theoretical approaches: Behaviourism, Social-constructionism, Social Learning theory. 2.2 Learning styles. 2.3 Learning Programmes for differently-abled	08
3	**Education in the Indian context** 3.1 Conceptualization of intelligence as Buddhi. 3 Thoughts of Aurobindo, Vivekananda, Krishnamurti on education.	08
4	**Academic Stress** 4.1 Concept and sources of academic stress. 4.2 Bullying/cyberbullying, parental and peer pressure. 4.3 Management of stress-physical exercise, yoga, vipassana.	08
	Total	30

Suggested Readings:

- Arun Kumar Singh. *Shiksha Manovigyaan*. (2020). Motilal Banarasidas Publications.
- Bruner, J. (1996). *The culture of education*. Cambridge: Harvard University Press.
- Cornelissen, M., Misra G., & Varma, S. (2010). *Foundations of Indian Psychology* (Vol. 2). New Delhi, India: Pearson.
- Srivastava & Misra (2007). *Rethinking Intelligence*. Concept Publishing Company:Delhi.
- Woolfolk, A., Misra G., & Jha, A. (2012). *Fundamentals of Educational Psychology*. New Delhi India: Pearson.

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